



2019-20 SUMMER AND FALL SPORTS INFORMATION

Football, Tennis, Volleyball, and Cross-Country

All students participating in Lesher Athletics must complete the **Online Athletic Registration (annually)** as detailed below, turn in a hardcopy of their **Physical (valid for 364 days)**, and pay an **Athletic Fee (\$110;** unless free or reduced lunch eligible student- fee is waived; or private, charter or home school student- \$165) **PRIOR TO THE FIRST PRACTICE!**

All pertinent information found online at: <https://www.psdathletics.org>

Poudre School District offers a comprehensive athletic program for students at the middle school level. All middle school athletic programs are open to any student in 7th-8th grade who has completed the Online Athletic Registration outlined below. Students in 6th grade can participate in cross country, golf, and track and field. For all other sports at the 6th grade level, programming is offered through the [City of Fort Collins Recreation Department](#) or through multiple competitive clubs throughout Northern Colorado. Home school students and/or students who attend a school that does not offer middle school athletics will be placed upon request per the PSD Guidelines for Student Participation in Extracurricular and Interscholastic Activities at District Schools. Interested parents must contact the District Athletic Office at (970) 490-3332 to request formal placement.

****ATHLETIC REGISTRATION Requirements****

Prior to participating in any sport, all middle school students participating in PSD Athletics must:

1. Complete the **Online Athletic Registration:** <https://www.psdathletics.org>
2. Turn in a hard copy of their **Physical** from your Doctor's office to Mrs. Downing in the main office. Physicals cannot be uploaded or completed online. A physical is good for 364 days.
3. Pay the **Athletic fee** of \$110 unless charter/private/homeschool – fee is \$165, or free or reduced lunch eligible student- fee is waived**.

**If you are on waived fees you must re-apply this summer for waived fee status at the following address: <https://www.myschoolapps.com/Application>. Once you have qualified for waived fees you must log into Parent Vue, click on forms, and click permission to share under your student's name. This allows us to waive the athletic fee. If you are on waived fees you must still process a payment through school pay (log into school pay, select your students sport, add that sport to the cart and it will show up at \$0.00 dollars due), process the payment and bring receipt in with your doctor's signed physical to Lesher's main office.

Questions? Please contact the Head Coach listed below, Assistant Principal/Athletic Director- Waren Morrow at wmorrow@psdschools.org, 472-3802; Athletic Director Secretary- Karen Downing at kdowning@psdschools.org, 472-3801; or Veronica Carrillo (Español) at veronicc@psdschools.org, 472-3853.

Waren Morrow

Assistant Principal/Athletic Director

[Lesher Middle School - an International Baccalaureate \(IB\) World School](#)

[Lesher Athletics and Activities](#)

1400 Stover St., Fort Collins, CO 80524; Office 970.472.3802, Fax 970.472.3880

SUMMER ATHLETIC OPPORTUNITIES

1) WRESTLING Open Mats (Lesher auxiliary/small gym)

Contact: Matt Moeller, mmoeller@psdschools.org

Dates: July 11, 12, 18, 19, 25, 26 and August 1, 2; **Thursdays/Fridays; Time:** 5:00-7:30PM

2) BASKETBALL Open Gyms (Lesher main gym)

Contact: Brian Williams bgtb04@aol.com and Eric Peitz epeitz@psdschools.org

Dates: Mondays in June (June 3, 10, 17, 24); **Time:** 4:00-5:30PM



CROSS-COUNTRY (6th, 7th and 8th)

CONTACT:

Ben Mayer, Head Cross-Country Coach, 472-3829, bmayer@psdschools.org

Jo Dixon, Assistant Cross-Country Coach, 472-3844, jonetted@psdschools.org

Josh Swann, Assistant Cross-Country Coach, 472-3837, jswann@psdschools.org

SUMMER OPPORTUNITIES:

The best thing you can do for next season is start training this summer! Whether you get out on a jog a couple days a week or enter in a few city races, everything you do now will help you in the fall. Get in touch with your cross-country coaches if you are interested in a summer training plan– we have a lot of fun ways you can get a head start! Here are some fun 5K races you can still join this summer:

1. **Father's Day** 5K on June 16th at the Shops at Foothills Mall
2. **FireCracker** 5K on July 4th at City Park in Fort Collins
3. **The Human Race** 5K on July 27th in Downtown Fort Collins (check out the "Man vs. Machine" challenge!)
4. **The Peach Festival 1 mile, 5K, 10K, and Half Marathon** on August 17th at Civic Center Park, Ft. Collins
5. **FORTitude 10K** on Labor Day (September 2nd) at CSU
6. Sign up for the **Healthy Kids Run Series (ages 5-12)** or the **Fit Teens Run Series (ages 13-18)** to get a discounted 5K pass for select Fort Collins 5K's and prizes when you run. The first run is on June 3rd and goes through October. <https://www.uhealth.org/services/community-health/healthy-kids/run-series/>
7. Visit the calendar on the *Fort Collins Running Club* webpage for more fun runs you can be a part of over the summer: <http://fortcollinsrunningclub.org/>

****Complete ATHLETIC REGISTRATION requirements prior to pre-season camp****

Parent & Player Meeting on Thursday, August 15th from 4:15-5PM at Lesher (cafeteria).

PRE-SEASON CAMP: Thursday, 8/15 and Monday, 8/19 from 3-4PM AT LESHER.

Practices are Monday-Friday and the first practice is from 3:00-4:45PM Tuesday, August 20th at Lesher.

Each practice, athletes will need shorts, t-shirt, water bottle, and running shoes.

TENNIS (7th and 8th)

CONTACT:

Janna Dickerson, Head Tennis Coach, jannadickerson@gmail.com

Beth Wilms, Assistant Tennis Coach, 472-3821, bwilms@psdschools.org

Stacy Arellano, Assistant Tennis Coach, 472-3852, sarellan@psdschools.org

SUMMER OPPORTUNITIES:

1. Miramont Junior Tennis programs, available to Members and Non-Members. Information at: <https://www.genesishealthclubs.com/locations/miramont-south/junior-tennis.html>
2. Lewis Tennis offers a wide variety of camps and programs over the summer. Visit <http://www.lewistennis.com/page-20> for additional details.
3. Highland Meadows: <http://www.highlandmeadowstenniscenter.com/summer-2017-junior-program.html>
4. CSU offers camps sessions through this link: <http://www.hes.chhs.colostate.edu/outreach/ysc/tennis.aspx>
5. If nothing else, please enjoy the numerous courts located throughout the city and play with family and friends. <http://www.tennisround.com/tennis-courts/co/fort-collins>

****Complete ATHLETIC REGISTRATION requirements prior to pre-season camp****

PRE-SEASON CAMP: Tuesday-Thursday (8/13-8/15) from 3-5PM at Edora Park (1420 East Stuart Street).

Parent & Player Meeting on Thursday, August 8th from 4-5PM at Lesher (auditorium).

Practices are Monday-Friday and the first practice is from 3-5PM Tuesday, August 20 at Edora Park (1420 East Stuart Street). We will meet in Lesher's cafeteria after school on Tuesday and Wednesday (8/20-8/21) and discuss how to safely get to and from Edora.

Each practice, athletes will need a tennis racket, appropriate tennis clothing and footwear, water bottle and sunscreen. Optional, but suggested items include sunglasses, a hat, and other weather appropriate items.



FOOTBALL (7th and 8th)

CONTACT:

Lee Oldenburg, Head 8th Grade Football Coach, 232-5020, loldenbu@psdschools.org

TBH, Head 7th Grade Football Coach

Matt Moeller, Assistant Football Coach, 472-3845, mmoeller@psdschools.org

SUMMER OPPORTUNITIES:

1. Colorado State University Youth Football Camp: June 7-8 at CSU.

<http://ramcamps.colostate.edu/product/football-youth-skills-camp-june-7-8-2018/>

2. Fort Collins High School Football Camp: June 25-27 at FCHS. Grades 4-6 from 4:00PM-6:00PM, Grades 7-8 from 5:00PM-7:00PM. <http://www.lambkinfootball.com/>

3. Colorado School of Mines: June 4-7 Golden, CO

<http://www.csmorediggers.com/information/summercamps/index>

4. Poudre High School Youth Football Camp: July 31-August 2 at PHS from 9AM-noon.

<http://poudrefootball.com/>

****Complete ATHLETIC REGISTRATION requirements prior to pre-season camp****

Parent & Player Meeting on Thursday, August 8th from 5-6PM at Leshler (auditorium).

PRE-SEASON CAMP: August 12-16 3:00-5:00PM AT LESHER (FB field).

Equipment Check Out: August 19 3:00-5:00 PM AT LESHER (Auxiliary Gym & Athletic Cage).

Practices: Monday-Friday from 3:10-5:30 and the first mandatory practice is **Tuesday, August 20.**

Equipment: athletes will need two colored (not white or clear) mouth pieces with strap, shorts, t-shirt, athletic supporter, water bottle, combination lock, pair of white knee-high socks for game days, and football cleats (we have some extra cleats if needed- sizes are limited).

GIRLS VOLLEYBALL (7th and 8th)

Contact:

TBH, 8th Grade Head Coach

Annie Wind, annew@psdschools.org, 7th Grade Head Coach

SUMMER OPPORTUNITIES:

1. YOSA club team <http://www.yosaftco.org/>

2. NORCO club team <http://www.norcovolleyball.com/>

3. Colorado State University: <http://ramcamps.colostate.edu/product-category/volleyball/>

4. University of Northern Colorado: http://www.uncvolleyballcamps.com/Individual_Camp_Info.htm

****Complete ATHLETIC REGISTRATION requirements prior to pre-season camp****

OPEN GYMS: Thursday 8/8, Friday 8/9, and Monday 8/12 from 3-5PM in LESHER'S MAIN GYM

PRE-SEASON CAMP: Tuesday 8/13 and Wednesday 8/14 from 3-5PM in LESHER'S MAIN GYM

TRYOUTS: Tues. 8/20 – Fri. 8/23 **You must attend EVERY day of tryouts**

8th Grade Tryout Times 8/20 - 8/23 from 4:45-6:15PM	7th Grade Tryout Times 8/20 – 8/23 from 3:15-4:45PM
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Practices are Monday-Friday, will rotate between early and late practices, and the first team practice after tryouts is Monday, August 26th at Leshler.

Parent & Player Meeting on Friday, August 30th at 5:00PM in Leshler's Main Gym.

Each practice athletes will need shorts/spandex, t-shirt, water bottle, knee pads, combination lock and appropriate gym shoes.

We're looking forward to another great year of athletics...GO VIKINGS!



Poudre School District
 2407 LaPorte Ave
 Fort Collins, CO 80521
 970-482-7420

2019-2020 Middle School Physician Certification of Student Fitness for Athletic Participation

This form, as well as an Athletic Participation Permission and Release form, must be completed and submitted to the school of athletic participation as designated below before the student will be allowed to practice or compete in school sport(s).

Student Information – To be completed by student or parent/guardian

Student's Name (Last, First, M.I.) _____ Student ID# _____

Student's Date of Birth _____ Male Female

Student's Street Address _____ City _____ State _____ Zip Code _____

School of Athletic Participation _____

Parent(s)/Guardian(s) Name(s) _____ Telephone _____

Physician's Certification

I certify that I have examined the above-named student and find the student physically fit to fully participate in the school sport(s) listed below, except those crossed out, without restriction:

- | | | | | |
|---------------|----------|---------------|------------|---------------------|
| Basketball | Football | Tennis | Softball | Wrestling |
| Cross Country | Golf | Track & Field | Volleyball | +SOCO
Basketball |

Additional Comments:

Date of Examination _____ (Valid for 365 days unless rescinded)

Physician Name (Printed) _____ Phone Number _____

Physician Signature _____ Date _____